



Guidance for Upper Elementary School Teachers on the “It’s Up to You!” poster

Helpful Web Addresses

Find out more about who we are on the [Food and Nutrition Service’s Home Page](http://www.fns.usda.gov/fns/):
www.fns.usda.gov/fns/

Find more fun stuff for educators and kids on [Team Nutrition’s Home Page](http://www.fns.usda.gov/tn/) at: www.fns.usda.gov/tn/

Find out about the mission and major functions of the [President’s Council on Physical Fitness and Sports](http://www.fitness.gov) at:
www.fitness.gov

The Dietary Guidelines for Americans advises: *AIM for Fitness, BUILD a Healthy Base and CHOOSE Sensibly*. Read the full text of the Dietary Guidelines at: [The Center for Nutrition Policy and Promotion’s Home Page](http://www.cnpp.usda.gov):
www.cnpp.usda.gov

Find consumer and scientific information on the [Centers for Disease Control, Division of Nutrition and Physical Activity](http://www.cdc.gov/nccdphp/dnpa/) website at: www.cdc.gov/nccdphp/dnpa/

Easy-To-Do Activities

Enjoy Moving...

- Talk about how being active is important to you and what you do to be active.
- Make “wiggle time” a specific stretching activity when switching school subjects or class rooms.
- Have kids move to a different spot, or sit and wiggle on the floor during reading time.
- Promote kids walking to school in groups.
- Invite the principal to take a walk with your class.
- Work with the PTA to emphasize the necessity of recess and physical education.

Enjoy Eating...

- Ask kids to talk about the foods they eat from the different levels of the Pyramid.
- Discuss different kinds of tasty foods, for example, foods that contain something from the milk group. (grilled cheese sandwiches, clam chowder or tomato soup made with milk, yogurt fruit sundaes).
- Talk with kids about the kinds of foods they ask their parents to buy for snacks. Encourage children to ask for their favorite nutritious snacks.
- Talk about quick and easy foods that kids can fix for themselves. Peel a banana or a package of string cheese, grab some crackers, serve themselves applesauce, or make a peanut butter and jelly sandwich.

Enjoy eating..

let the Pyramid guide your food choices.

Different foods contain different nutrients and other healthful substances. No single food can supply all the nutrients in the amounts you need. For example, yogurt provides calcium needed for healthy bones; lean meats and some cereals provide the iron needed to make red blood cells. People around the world enjoy many kinds of foods and like to prepare the same foods in various ways. Culture, family background, religion, moral beliefs, cost and availability of food, life experiences, food intolerances and allergies all affect food choices and patterns of eating.



Build a healthy base by using the **Food Guide Pyramid** as a starting point to shape eating patterns. The Pyramid is a guide for making healthful food choices that helps ensure you get enough nutrients.

FOLLOW THIS GOOD ADVICE:

- **Build an eating pattern** on a variety of plant foods, including whole grains, fruits, and vegetables.
- **Choose lowfat** dairy products and lowfat foods from the meat and beans group each day.
- **It's fine to enjoy** fats and sweets sometimes, but keep treats as treats.



How many servings do you need each day?

Choose the recommended number of daily servings from each of the five major food groups. If you avoid all foods from any of the five food groups, seek guidance to help ensure that you get all the nutrients you need. The recommended number of servings depends on your calorie needs:

- **1600 calories** are about right for **children ages 2 to 6, many sedentary women, and some older adults**
- **2200 calories** are about right for **most children over age 6, teen girls, active women and most men**
- **2800 calories** are about right for **teen boys and active men.**

How many servings do you need for..?

	1600 calories	2200 calories	2800 calories
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group*	2 or 3	2 or 3	2 or 3
Meat Group	2 for a total of 5 ounces	2 for a total of 6 ounces	3 for a total of 7 ounces

* Choose fat-free or reduced-fat dairy products most often. Children and teens (from ages 9 to 18) and adults (over age 50) need 3 servings daily; others need 2 servings daily. During pregnancy and lactation, the number of servings is the same as for nonpregnant women.

Consider *how much*, as well as *how many*

Compare the Pyramid serving sizes and the number of servings to what you usually eat. The serving sizes may be smaller than what you usually eat or find on food labels. For example, 1 serving of cooked cereal, rice, or pasta is 1 cup for the serving on the label, but it is only 1/2 cup for the Pyramid. Also consider that many of the meals and snacks you eat contain items from several food groups.

Physical activity and good nutrition work together for better health

Physical activity increases the amount of calories used. Being physically active allows people to eat more, which makes it easier to get needed nutrients. Being physically active and maintaining a healthy weight are both needed for good health, but they benefit health in different ways. Being active also makes it easier to lose weight and maintain a weight loss. However, the amount of activity may need to be increased to help lose weight or maintain a weight loss. Adults who need

to lose weight should do so gradually. Usually, it is safe for adults to lose 1/2 to 2 pounds per week.

Children need enough food for proper growth, but too little physical activity and too many calories can lead to becoming overweight. The number of overweight children has risen dramatically in recent years. Since children still need to grow, weight loss is not recommended unless guided by a health care provider. Encourage a healthy weight by offering children grain products; vegetables and fruits; lowfat dairy products; and beans, lean meat, poultry, fish, or nuts as shown in the Food Guide Pyramid. Let children decide how much of these foods to eat. Offer only small amounts of foods or drinks high in added sugar or fat. Make sure children are given opportunities to be active every day.

Physical activity and nutrition work together not only for a healthy weight and your heart but for healthy bones, too. Calcium and other nutrients are needed to build and maintain strong bones, but physical activity is needed as well. One last thing to remember, eating well and being active are vital to an overall healthy lifestyle!



What counts as a food-group serving size?

TIP OF THE PYRAMID

The amount you eat depends on the calories you need. Choose less often foods that are high in sugar and fat.

MILK GROUP SERVING SIZES

- 1 cup** milk or yogurt
- 1 1/2 ounces** natural cheese like Cheddar
- 2 ounces** process cheese

MEAT GROUP SERVING SIZES

- 2 or 3 ounces** cooked lean meat, poultry, or fish
- Count as 1 ounce of meat:** 1/3 cup nuts, 1 egg,
- 1/2 cup** cooked dry beans or tofu, or
- 2 tablespoons** of peanut butter

VEGETABLE GROUP SERVING SIZES

- 1 cup** of lettuce or raw leafy vegetables
- 1/2 cup of other** vegetables—cooked or raw
- 1 medium** potato
- 3/4 cup** vegetable juice
- 10** French fries

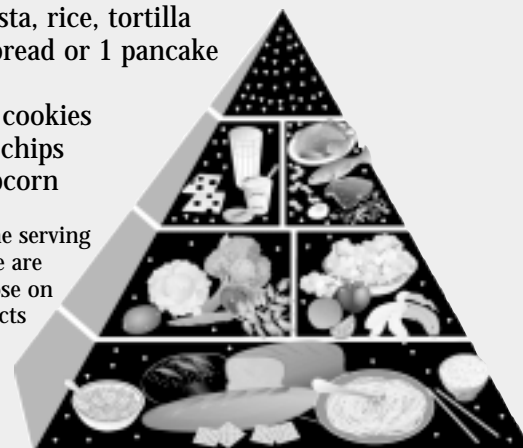
FRUIT GROUP SERVING SIZES

- 3/4 cup** juice
- 1 medium** fruit: apple, banana, orange, pear
- 1/2 cup** chopped or canned fruit
- 1/8 medium** melon
- 1/2 medium** grapefruit

GRAIN GROUP SERVING SIZES

- 1 cup** dry cereal
- 1/2 cup** pasta, rice, tortilla
- 1 slice** of bread or 1 pancake or 1 waffle
- 2 medium** cookies
- 10** tortilla chips
- 2 cups** popcorn

Note: Many of the serving sizes given above are smaller than those on the Nutrition Facts Label.



Enjoy moving..

be physically active every day.



Children, teens, adults, and the elderly can have fun *and* improve their health and well-being by including physical activity in their daily lives. Most movements that require some bodily effort are forms of physical activity. **Moderate physical activity** requires about as much energy as walking briskly 2 miles in 30 minutes.

How much time?

- Children should aim to get *at least 60 minutes* of moderate physical activity on most days.
- Adults need *at least 30 minutes* of moderate physical activity on most days.
- Children and adults can gain even more health benefits by increasing the amount of time they are physically active or by taking part in more vigorous activities or sports.

Encourage activity choices that fit in an individual's lifestyle and daily routine. No matter what the physical activity, it can be done all at once or spread it out over two or three segments during the day.

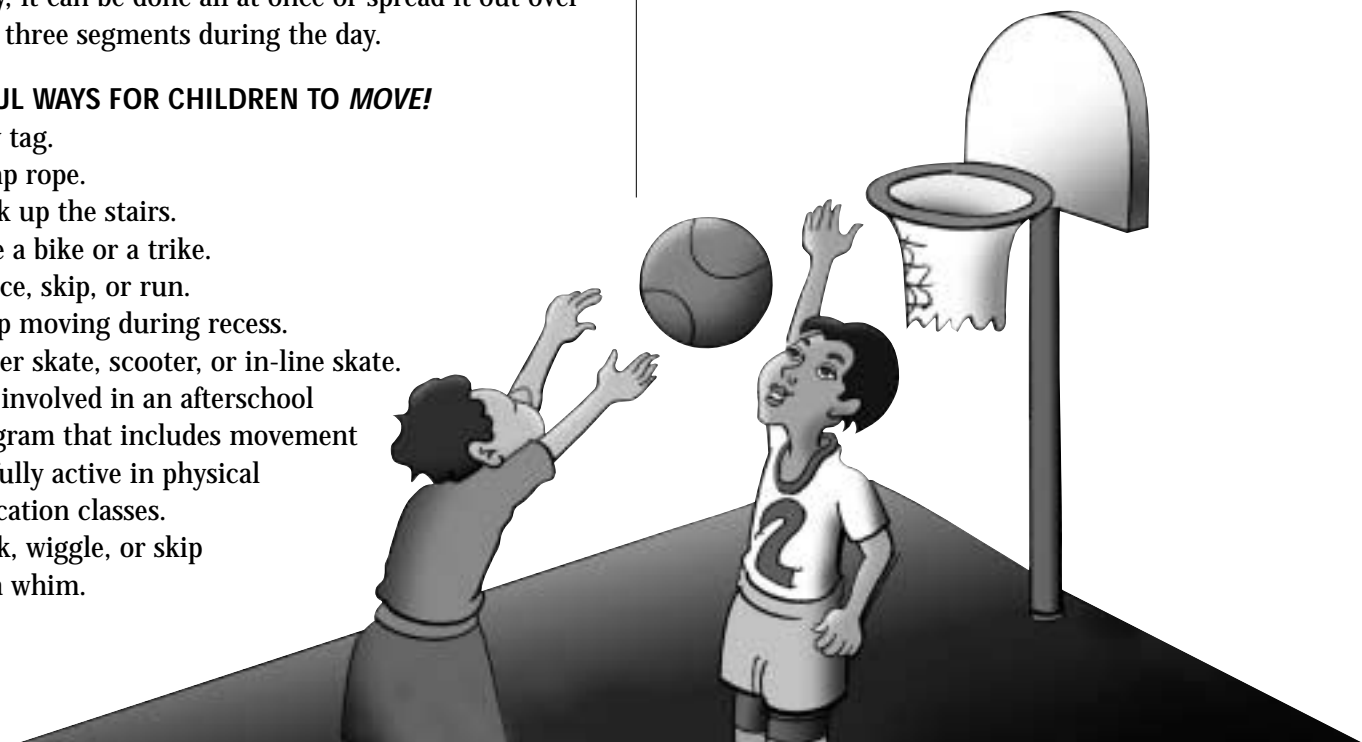
PLAYFUL WAYS FOR CHILDREN TO MOVE!

- Play tag.
- Jump rope.
- Walk up the stairs.
- Ride a bike or a trike.
- Dance, skip, or run.
- Keep moving during recess.
- Roller skate, scooter, or in-line skate.
- Get involved in an afterschool program that includes movement
- Be fully active in physical education classes.
- Walk, wiggle, or skip on a whim.

Make it easy for children to be physically active.

ADULTS CAN HELP:

- **Create safe places** with adults watching over the activities.
- **Set a good example** so everyone takes part in the activities, even the adults.
- **Encourage children** to be physically active at home, at school, and with friends.
- **Limit time sitting around** watching television, playing computer games, and other inactive forms of play. Alternate time spent sitting with time spent moving!



Health benefits of physical activity

No one is too young or too old to enjoy the benefits of regular physical activity. Compared with being very inactive, being active helps reduce the risk of developing heart disease. It has other health benefits as well.

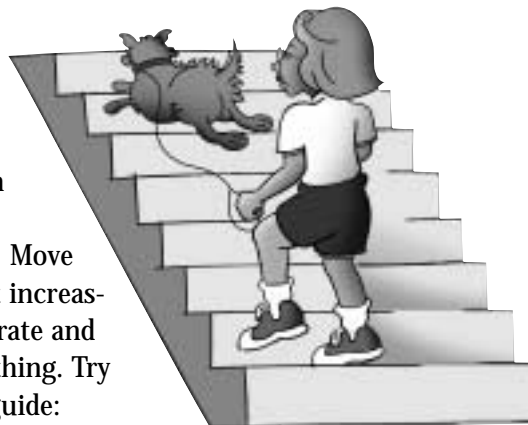
BEING ACTIVE HELPS...

- Build muscle strength and stamina
- Increase physical fitness
- Build and maintain healthy bones and muscles
- Promote a feeling of well-being and greater self-esteem
- Reduce feelings of stress
- Manage weight
- Lower blood pressure
- Lower risk factors for heart disease, colon cancer, and type 2 diabetes

TWO KINDS OF PHYSICAL ACTIVITIES ARE ESPECIALLY USEFUL:

1. Activities for strength and flexibility. Developing strength helps build and maintain bones. Carrying books and groceries are everyday ways to build strength. Stretching movements increase flexibility. Take advantage of any chance to bend, wiggle, or stretch!

2. Aerobic activities. These activities maintain and improve heart fitness. Move in a way that increases the heart rate and level of breathing. Try this simple guide:



IF YOU CAN TALK while doing a physical activity, you are probably moving at a pace that's right for you.

IF YOU'RE TOO BREATHLESS TO TALK, slow down.

IF YOU CAN SING, you may not be working hard enough. So, get moving!

Remember: When you are moving ***be able to talk not sing!***

